

In touch with

Norfolk CSB

April 2003

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May is
**Mental Health
Awareness Month**



In Touch With Norfolk CSB is published monthly to provide a channel for 360° communication between staff, volunteers, clients and management.

If you wish to make suggestions to In Touch With staff, please call Sandy Johnson at 441-5300.

Editor

Sandra R. Johnson

Reporter

Kevin A. Girard

Contributors

Valerie Glassman

One of the great ones . . .

Gustavo Muzzolon

Gustavo Muzzolon, one of Norfolk CSB's great volunteers, has a wonderful surprise for all of us. He is presenting a Bake Sale Extravaganza for Mother's Day on Friday, May 9th at Hospitality Center.

You may want to be there as soon as the doors open to see the fruits of his labor—and to purchase some very special treats! The opening time will be announced in a few days. Funds raised by the Sale will go to the Hospitality Center Client Activity Fund.

Gustavo has spent most of his adult life preparing delightful meals in many different places—in America, on the high seas, and in Argentina, where he was born and raised and began a foodservice apprenticeship at the age of 18. He went on to work in one of the top restaurants in Buenos Aires and worked with Carnival Cruise Lines for five years.

In 1988, Gustavo came to America. He settled on the west coast and became an American citizen just as soon as he was eligible. He later moved to Rocky Mount, North Carolina with his wife Joyce, a nursing administrator, son Robert, a banking manager, and daughter Piper, a student at UNC Chapel Hill.

In 2001, Gustavo entered the Culinary Arts program at Johnson & Wales University in Virginia Beach. It



was just about a year ago that he and a classmate began a brief internship at Hospitality Center as a part of their studies. The internship ended, but Gustavo stayed on.

He gets goosebumps when he speaks of the spirit and perseverance of clients he has gotten to know. They have few advocates and have had to overcome serious mental illness in order to build fulfilling lives for themselves. His passion shows when he talks about the support and acceptance clients have shown him, and the willingness of clients and staff alike to try new ideas. He says he is touched by the generosity

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Norfolk CSB's

2003 Community Forums

March 3, 5 and 19



Norfolk CSB Insider: Kevin Girard



Name: Kevin Anthony Girard

Nickname: "K" or Kev (although you have to be a good friend to get away with it)

Hometown: Chicopee, Massachusetts

Birth Date: December 3

Marital Status: Partnered to Charles

Years in Hampton Roads: 22, I came to Norfolk while stationed aboard the *USS Savannah* in the Navy in 1981.

Favorite Food: Artichoke dip, nachos, homemade cream of mushroom soup, creamed spinach, cheese cake

Favorite Movie: Up until 2001 I would say *Lost in Space*, not because it's a great movie, but for some reason I have watched it more often than any other movie; also the Beatles' *Yellow Submarine* and *Logan's Run*. Now, of course, it would have to be the first and second (and surely the third) installments of *Lord of the Rings*.

Favorite Book: The *Lord of the Rings* trilogy (and *The Hobbit*), because they were some of the first books I read as a young child and the only books I can read over and over (I've read them at least 17 times) and always find something new and some relevant moral value to today's world.

Favorite Music: Pretty much anything other than heavy metal, rap, and jazz. I usually listen to country and oldies in the car and top 40 mix at work. On CD's I listen to a lot of instrumental music and new age type music (anything calm and soothing). I was probably the only kid growing up who had a full collection of Alice Cooper, Helen Reddy, and Devo, all at the same time.

Hobbies: Reading (1-3 hours a day), many different crafts, photography, playing games and working with PhotoShop on the computer, and drawing. I'm not a big TV watcher, I only watch TV about an hour a week.

Dumbest Thing You've Ever Done: Gambling—the one and only time I did I lost \$1000 in a half hour.

Smartest Thing You've Ever Done: I joined the Navy and left home at 17 years old because it afforded me the opportunity to get out of a very destructive home life. It also taught me some valuable lessons in psychology and human nature.

What few people know: I was born in Australia. Also, that my artwork and poetry have been published several times in a national magazine, and one drawing was featured on the cover. Finally, I have clinically diagnosed chronic depression and anxiety disorder.

Current Position: Administrative Assistant II

Years at Norfolk CSB: 16 years

What do you like most about your job? The job security, and the variety which keeps things from becoming too routine and boring.

If you could not continue in your current profession, what would you most like to do? Win the lotto and retire, travel, see all the historic sites and natural attractions in the US, and have money left over to take care of my friends who have stood by me over the years.

What would you least like to do? A telemarketer. I feel sorry for anyone who has to do that job because I really loathe telemarketing—I think it's despicable. I believe that telemarketers must all be reincarnated snake oil salesmen.

First Job: Delivering newspapers. I also worked briefly in a greenhouse, as a stock boy for a clothing store, and several years at McDonalds. I had been working for 9 years before I reached 17 years old and often held three jobs at the same time.

Worst Job: There were two: working as a bus boy at a steak house and working for a company making revisions to Navy technical manuals.

Ideal Job: Being a story and script writer for computer games

Secret to Success: Always do a honest day's work, keep your ears open and your mouth shut, be yourself and tell the truth, even when it isn't convenient. Realizing early on that often a lot of sacrifice is necessary to secure a financial future. Doing what's right even when you know it will cause a lot of personal hardship. Following your own heart and not the opinions or beliefs of others.

What words would you want on your tombstone? He's FINALLY getting enough sleep! (Actually I'm going to be cremated so there won't be a tombstone.)

What is your favorite type of person? Someone who doesn't follow the status quo, who knows their own mind and who has a good sense of humor. Also, someone who doesn't lie or omit the truth. I can't abide liars.

Who do you most admire? Professor Stephen Hawking because he shows that by focusing on your abilities and not your disabilities one can achieve greatness. My Grandfather Roy Belmore, who exemplified the art of quiet diplomacy. My Grandmother Eva Salem Belmore who danced to her own drummer and really knew how to enjoy life. And, finally, my Aunt Sadie Belmore (who was deaf), who taught me the true meaning of unconditional love.

Who is the most important person in your life? Myself. Without being conceited, I've learned that if a person doesn't look out for themselves they can't even begin to look after others.

Secret vice: Washing dishes, I can't stand to see a sink with dirty dishes in it. I often can be found doing dishes at my friend's house. He hates doing dishes and there is always at least a week's worth of dishes heaped up in the sink and overflowing onto the counters.

Best-known idiosyncrasy: My big mouth—I still seem to surprise people at times with what comes out of it. Also my warped sense of humor.

If you could change one thing about yourself, what would it be? I would be more considerate of the feelings of others and temper what I say. Also, I would like to be more of an optimist instead of a realist.

Favorite childhood memory: Walking the 7 miles down a dirt mountain road in upstate New

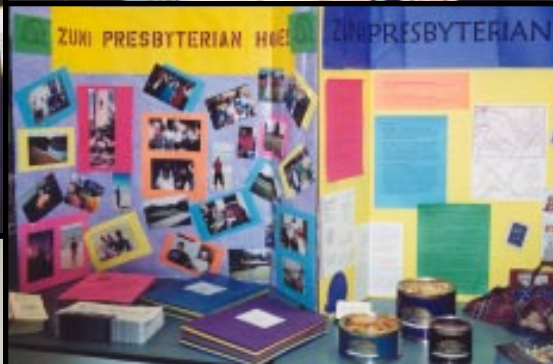
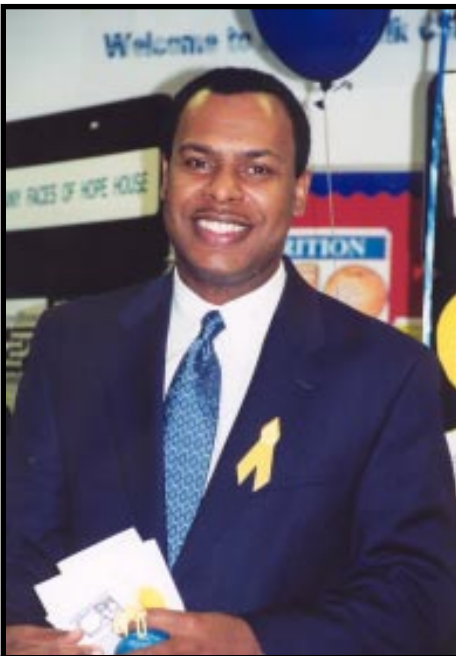
York from my Grandmother's house to my Aunt Sadie's house. My Aunt would always have cheese (my favorite, which she would buy anytime she knew I was coming to visit) and homemade doughnuts, which she made every two days, waiting for me. Her face would light up when she saw me and she would call out "There's my boy!" when she saw me come in. She never had children of her own and I was the youngest of six children. She always singled me out and gave me a lot of the love and attention I didn't receive at home.

What is your favorite night out or day off? Going to historical attractions and national parks. Also, going to Colonial Williamsburg on Christmas Eve and taking photos of all the homemade colonial wreaths and house decorations and then having dinner at The Kings Arms.

Anything else? A favorite quote: "Unless you're the lead sled dog, the view never changes." That's all...now, put down the newsletter and get back to work! 🐶



This is an example of Kevin's artwork, done in pointillism, which involves applying small dots of color to a surface so that from a distance they blend together.



Mental Retardation Services
Resource Fair
March 20, 2003





Birthdays at the Board

When you see them, say Happy Birthday to these staff members who celebrate May birthdays:

Karla Adkins (1)	Stephanie Stokes-Perry (16)
Spencer Boone (2)	Jennifer Lawrence (18)
Nicole Dixon (2)	Diane Szabo (18)
George Tucker (2)	Karen Stone (19)
Kendrick Pritchard (4)	Don Spalding (21)
Diana Yarashevich (7)	Bonnie Grifa (23)
Beebe Telfair (9)	Shelby Gorham (26)
Subrina Wilson-Street (10)	Sandi Lee (26)
Victoria Latimer (11)	Mary Measmer (28)
Joyce Law (12)	Shirley Luckett (30)
Amy Kilduff (14)	Jeremy Stowell (31) 🐟
Elizabeth Faulk (16)	

—Valerie Glassman, Administrative Assistant
Human Resources

Who's who/who's new

Mental Health Services welcomes **Shaia Hubbard**, Counselor I in the Supported Living program, **Robyn Bader**, Case Manager III with the Program for Assertive Community Treatment, and **Tonya Christian**, Case Manager II, with Case Management.

Mental Retardation and Family Development Services welcomes to the Infant Development Program two new staff: **Vicky Epps**, Case Manager II, and **Jennifer Keesler**, Early Childhood Special Educator.

Josette Creel has recently rejoined Norfolk CSB. She is a Clinician with Substance Abuse Outpatient Services.

Administrative Services welcomes **DaNita Square**, Residential Specialist with Community Development, and **Joe Bynum**, Maintenance Mechanic II, to Maintenance and Facilities Management.

We welcome each of you to the Norfolk CSB family and hope that you will enjoy your time here. 🐟

—Valerie Glassman
Administrative Assistant, Human Resources

Length of service

Congratulations to the following staff members who celebrate the anniversary of their employment with Norfolk CSB in May:

Twenty-Two Years

Nell Holley

Seventeen Years

George Pratt

Fifteen Years

James Taylor

Fourteen Years

Donald Spitz

Thirteen Years

Mary Swinger

Twelve Years

LaVerne Jordan
Alberta Fennell
Leigh Northrup

Eleven Years

Dawn Wimbush
Gail McLemore

Eight Years

Wade Griffin

Seven Years

Gloriadine Quince
Cheryl Burton

Six Years

Martha Shurts
Michael Johnstone

Five Years

Myra Iacono

Four Years

Eric Thrift

Three Years

Cynthia Jenkins
Sheryl Dial

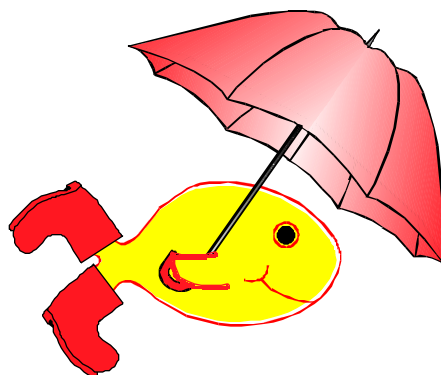
Two Years

Tracy Johnson
Camillie Smith

One Year

Robyn Nagy
Amanda Sparks 🐟

—Valerie Glassman
Administrative Assistant Human Resources

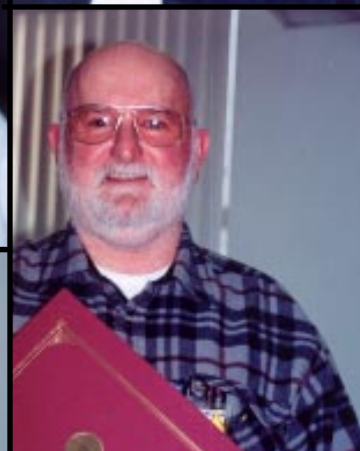




Mental Retardation Services

Staff Appreciation Day

March 14, 2003



Gustavo Muzzolon, continued from page 1

shown by staff, who give so much of themselves every day.

Gustavo feels that *"the only things I have to offer clients are my time, compassion and whatever wisdom I have acquired in my life. These small gifts are nothing, however, compared to the joy and satisfaction I receive from my time here."*

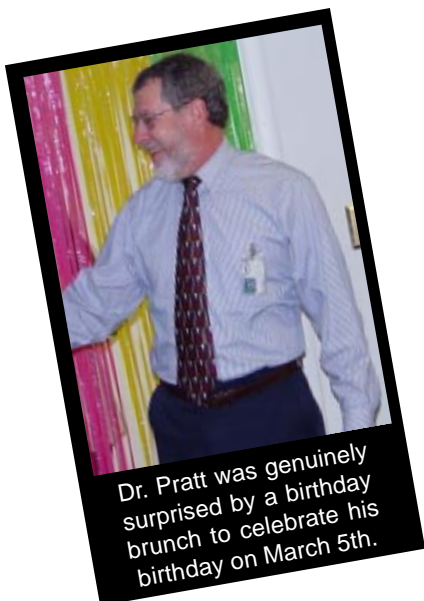
In the coming months, Gustavo will continue to work with clients and staff preparing day-to-day lunches. He will also offer nutrition classes and culinary training to clients.

On May 9th, be sure to stop by Hospitality Center at Roland Park, 6401 Tidewater Drive.

For more information about the Bake Sale, call 441-5300 or 441-1170. 🐟



Dr. George Pratt and Board Chair Thomas Weaver relax with Bob Batcher, host of *Norfolk Perspectives*, before taping the program which was recently aired on Norfolk City Channel 48.



Dr. Pratt was genuinely surprised by a birthday brunch to celebrate his birthday on March 5th.

Volunteers and Interns

If there are volunteers or student interns working in your program who have not completed their paperwork, please send a position description and completed application to Sandy Johnson at mail code PUB.

It is vital that applications be maintained at the Bute Street office for each non-paid staff, and that weekly time sheets are submitted for each individual. 🐟



While waiting to tape their segment of *Norfolk Perspectives*, George Pratt and Thomas Weaver had a chance to meet Grandpa and Deputy Bob.



Proud parents Rhonda and Raymond McEvoy introduced their son, Samuel Patrick, to staff at Bute Street.